Healthy Eating: The Importance of Eating

Linda Bobroff and Emily Minton

Eating healthy is one of the key ingredients to staying healthy. Complete the fill-in-the-blank activity and reveal the hidden message!

![Image of people eating]

**Word Choices**
- Fruits
- Enjoy
- Water
- Nutrition
- Less
- Energized
- Hard

Many health conditions can be improved with better food habits.

Eating three or more times a day helps your body stay healthy.

Eating few and veggies limits your intake of important nutrients.

Drinking and non-alcoholic and low-sugar beverages keeps you hydrated.

Mouth pain makes it hard to eat and food.

People tend to eat less when alone. Try eating with friends or family.

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1. La versión en español de este documento es Alimentación saludable: La importancia de alimentarse (FCS80012-Span). This document is FCS80012, one of a series of the Department of Family, Youth, and Community Sciences, UF/IFAS Extension. Original publication date March 2012. Revised June 2015. Visit the EDIS website at [http://edis.ifas.ufl.edu](http://edis.ifas.ufl.edu).

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Fight for your health with good nutrition!

Hidden Message:
Less
Hard and Enjoy
Water
Fruits
Energized
Nutrition
Answer Key